

IMMUNIZATION for Travelers



SAFER • HEALTHIER • PEOPLE™

HEALTH RISKS

Your risk of becoming ill when traveling depends, in part, on the areas to be visited, the length of stay, and your style of travel. In most cases, international tourist destinations are in highly developed areas where you should observe health precautions similar to those in the United States. However, because of differences in living standards and sanitary conditions, food and water safety, and immunization coverage, your risk of illness is higher if you are traveling in developing countries and rural areas.

PROTECTING YOURSELF

You should always seek information regarding necessary health precautions a minimum of 4 to 6 weeks before travel. Your healthcare provider can inform you of what precautions to take for your specific travel destination. You can also visit CDC's travelers' health website at www.cdc.gov/travel. This website will give you the most up-to-date information on immunization recommendations and requirements for your destination as well as current health alerts or advisories. Many state and local health departments throughout the United States provide travel immunizations. You may also seek directories of private travel clinics throughout the United States through the International Society of Travel Medicine or the American Society of Tropical Medicine and Hygiene.

TRAVEL SMART

Regardless of your destination, all travelers should follow simple precautions.

- Wash hands often with soap and water
- Don't eat or drink dairy products unless you know they have been pasteurized
- Never eat undercooked ground beef and poultry, and raw eggs
- Remember that raw shellfish is particularly dangerous to persons with liver disease or compromised immune systems

Travelers' diarrhea is the number-one illness in travelers and is caused by viruses, bacteria or parasites, which can contaminate food or water. Make sure your food and drinking water are safe.

WHEN TRAVELING, YOU SHOULD CARRY –

- Insect repellent containing DEET
- Over-the-counter antidiarrheal medicine
- Iodine tablets and water filters to purify water if the tap water is unsafe and/or bottled water is not available
- Sunblock
- Prescription medications (including a copy of the prescription)

Your travel health kit should remain with you at all times, including in your carry-on baggage instead of stowed away with your other luggage.

**DIPHTHERIA ■ TETANUS ■ PERTUSSIS ■ MEASLES ■ MUMPS ■ RUBELLA ■ POLIO ■ HIB ■ HEPATITIS A & B ■ VARICELLA
MENINGOCOCCAL DISEASE ■ PNEUMOCOCCAL DISEASE ■ INFLUENZA**



The country of destination and CDC will also recommend other vaccines which a traveler may want to acquire, including **TYPHOID, YELLOW FEVER, and RABIES** vaccines. The yellow fever vaccine may be required to cross certain international borders; in this case, a stamped vaccine certificate will be issued to you by the immunization center.

Immunization is **ONE OF THE BEST FORMS OF PROTECTION** for all travelers. You should ensure you receive all needed vaccines before your trip. Many vaccine-preventable diseases, rarely seen in the United States, are still prevalent in other parts of the world. CDC advises all routine immunizations be up-to-date before travel.

FOR MORE INFORMATION

www.cdc.gov/travel

WE INVITE YOU TO CALL OUR CDC-INFO CONTACT CENTER

800-CDC-INFO (232-4636)

IN ENGLISH, EN ESPAÑOL – 24/7

And visit our website at

www.cdc.gov/nip

We provide a wealth of reliable information on immunization, vaccines, and the diseases they prevent.